

Abstract

Title: The effect of regular physical activity in preschool children

Objectives: Main aim of this bachelor thesis is to define the effect of regular physical activity in preschool children and their another evolution in accordance to domestic and foreign scientific literature. Another goal is to create tray of excercices and games for preschool children.

Methods: Retrieval and comparison of literature on physical activity in preschool children and literature dealing with psychomotor development.

Results: Review of the literature dealing with the movement of preschool children showed that it is appropriate for children in this age group moving around a lot and created such relationship to regular physical activity. With suitable exercises and games, it is possible to develop basic motor skills such as walking, running, jumping or throwing and handling a variety of subjects. Physical activity of preschool child also develops psychosocial perspective.

Keywords: Physical activity, preschool age, tray of excercices and games, health education